



Coconut & Plantain Balm

Plantain, a leafy green weed, not to be confused with plantain fruit, is a common plant found all over the world. ([Check HERE](#) to see a photo and read more about it.) It has tons of beneficial properties and is especially helpful for soothing itchy and irritated skin.

Here, we'll infuse it in coconut oil to make a balm that's perfect for smoothing on minor rashes, scrapes, scratches and such.

You'll need:

a handful of plantain leaves (if fresh, dry them first)
about 1 cup or so of coconut oil
0.25 oz (7 g) beeswax (or around half as much candelilla wax for a vegan version)

Directions:

Crumble the plantain leaves into a small, heatproof jar. Melt the coconut oil until it becomes liquid (if the weather is warm, it may already be at this stage) and then pour over the crumbled leaves.

Set the jar of leaves and oil down into a saucepan containing a couple inches of water. Place the pan over a low burner and allow to gently heat for a few hours or until your oil starts taking on a greenish hue. Strain the oil into a clean dry jar, while it's still in liquid form.

Weigh out 1.75 oz (50 g) of the infused oil into a heatproof jar or upcycled tin can. Next, weigh out and add 0.25 oz of beeswax to the jar or tin can as well.

Set the jar/can down into a saucepan containing a few inches of water, just as you used to infuse the oil. Place the pan over a medium-low burner until the beeswax has melted.

Pour the finished salve into a small glass jar or tin. This recipe generally fills one 2-ounce jar or tin. Coconut oil is somewhat climate/temperature dependent on how it acts. If your salve is too firm, melt it again and add more coconut oil. If it's too soft, melt it again and add a bit more wax. If you're allergic to coconut oil, try olive, sunflower or another favorite oil.

Apply a thin layer, as needed for minor first aid situations. (Plantain is great for use on pets and farm animals too!)